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**Involvement of Bachelor of Administrative Science &
Policy Studies Students' UiTM Sarawak in Health and
Fitness Activities**

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ABSTRACT

This research study analyse the Involvement in Health and Fitness Activities among Bachelor of Administrative Science & Policy Studies Students' in UiTM Samarahan. Health and fitness are import aspects of a person's wellbeing. To enhance health and fitness adequately through physical movement or exercise, we have to see how this comes to fruition. For huge numbers of these progressions, the stimulus has been terribly characterized as far as sort, power, term, and recurrence of activity. Thus, in order to verify the active respondents towards health and fitness activities, this research will determine the level of motivating factors on the respondents which motivation factors are the most influence them to get involve in health and fitness activities and also it will identify the types of health and fitness activities joined by the respondents. In addition, the most importance is how frequent does the respondents involve in health and fitness activities in a week which activity ought to be performed day by day, 3 to 5 times a week, possibly every other day or ought to be supplemented with some overwhelming resistance and flexibility exercises. Besides, it also analyse the factors that inhibit respondents to involve in health and fitness activities. So, by having this research we can see the involvement in health and fitness activities among the respondents.

1.1 Research Background

Health and fitness keeps our body and mind healthy and peaceful. It brings the sensation of prosperity physically, mentally, spiritually and socially. The factors of health and fitness are everywhere around the world and increasing day by day. Men need to possess an important muscle for their certain body whereas ladies need a slim and trim look of their body. Everyone is being additional aware towards their health and desires to be match throughout the life. It is quite powerful task but not impossible for anybody to realize an ideal body. Being healthy and fit need some tips to be followed in daily life with full dedication. There are many of us during this large crowd wish to be ideal person with excellent body. Health and fitness plays a good role at some stage in individual's life. It will be achieved by the person its own or hiring a private trainer.

According to White Planet Technologies (2017), human body has scores of severally operating organs but mutually beneficial as well. If any of the organ suffer downside, it affects other organs too and arise complications. The functioning of any singular bodies coordinates the functions of all at once. Future sitting activities could lead someone to the varied health disorders. Someone with healthy body feels happier from the mind but someone with overweight or unhealthy body perpetually feel dangerous and appearance unhappy. A healthy and fit person develops scores of self-confidence and perpetually gets social respect in their life. A healthy and fit person stays

2.1 Frequencies of Involvement in Health and Fitness Activities

The first thing, the person need to decide on how many times they will workout per week in total. This would include weight training workouts, cardio workouts, and other workout (A Workout Routine, 2017). Type or specificity, refers to the specific physical activity chosen to improve a part of health-related fitness. For example, an person wishing to increase arm strength must exercise the triceps and biceps, while an person wishing to increase aerobic endurance needs to jog, run, swim or do some other aerobically challenging activity (AAHPERD, 1999).

Fitness and health are importance aspects of a person's well-being. Individuals experiencing motor impairment will exercise whether or not it is by collaborating in organized activities like sports, or in solitary movement like workout or yoga, cycling or others activities (Kelly & Darrah, 2005). Some need therapeutic measures whereas others get pleasure from the sensations of feeling match or the pleasure of recreation. The key's finding some way to have interaction in sustained movement that gives type, support, stability, movement and balance to the body system (Ogden et al., 2012).

The evidence is undeniable, if individuals have been previously inactive, participating in regular physical activity and exercise can cause them to fitter, healthier and happier. However, analysis has additionally shown that almost all individuals do not keep engaged in exercise and when a brief period of